



GREEN *Light*

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PREFACE

Fruit of the observations of a disembodied companion, today a cult of spirit medicine, we find in this blessed volume a series of answers to inarticulate questions from how many interns at boarding school of physical experience, indicating the right direction in daily life.

A book comparable to a precious recipe for preventive measures to guarantee inner health immunology assay, soul. Spiritual vaccination against falling into guilt complexes, of which one never knows what kind of anguish, imbalance, illness, or depression will leave.

Starting from our home, how can we navigate the world and our relationships with others to make the right decisions?

How could we acquire the necessary peace to live by serving the utility and yielding the good for the good of all?

André Luiz recalled, very appropriately, the traffic laws that ensure order and tranquility on the world highways, if duly respected, and titled this book with the expressive caption "GREEN LIGHT."

And reading his uplifting pages, it will be easy for us to note that in each chapter, we find signs of light, unveiling a clear path for us.

They tell us that if we embrace the principle of doing good to our neighbor as much as we want the good to ourselves, we can freely move forward, guiding the car of our life towards realms of elevation and progress.

We will be at peace with others and within ourselves,
through the inconspicuous force of a tranquil conscience.

Emmanuel

Uberaba, August 4, 1971.

1

WHEN YOU GET UP

Thank God for the blessing of life in the morning.

If you are not in the habit of praying, formulate thoughts of serenity and optimism, for a few moments, before resuming your own activities.

Get up calmly.

If you must wake someone up, use kindness and gentleness, recognizing that shouting or bad jokes do not help in any time.

Keep the disposition of cooperating for good to everything and everyone.

Before you set off on your tasks, remember that we must bless life for life to bless us.

2

GREETINGS

Every greeting should be based on thoughts of peace and joy.

Think about your delight when someone addresses you words of affection and sympathy, and do the same towards others.

Mobilize your smile capital and you'll see that such an investment will bring you precious income from collaboration and happiness.

A sentence of kindness and understanding works wonders in building success.

Help family members with your words of comprehension and hope.

If you have any lingering sorrows from the day before, start the day the way the Sun does: ~ forgetting the shadow and shining again.

IN THE DOMAINS

Observe how your voice is doing, for the voice is one of the most meaningful instruments in everyone's life.

Each person's voice is charged with the magnetism of their feelings. Speak in a tone that's not so loud that it's scary and not so quiet that it creates difficulties for the listener.

It is always advisable to repeat, patiently, what has already been said to the interlocutor, when necessary, without changing the tone of your voice, understanding that not everyone has impeccable hearing.

Never say phrases such as: *“Are you deaf?”*, *“Do you want me to shout?”*, *“How many times do you want me to speak?”*, Or *“I've had enough of repeating that!”*

The voice uncontrolled by anger, deep down, is a sort of aggression, and the aggression never convinces.

Talk calmly and respectfully, putting yourself in the listener's place, and you will manage your verbal manifestations more safely and profitably. In any telephone call, remember that on the other end of the line is someone who needs you to be calm to maintain their own tranquility.

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AT HOME

Kindness in the domestic sphere is charity starting from home.

Never speak in shouts, abusing intimacy with loved ones.

Use household belongings quietly, saving the home from imbalance and disturbance.

Learn to serve yourself as much as possible so as not to aggravate the family's worries.

Work together to solve any problems that arise without getting irritated by complaints.

Whether alone or in a group, eat your meal without alarm.

It is always possible to find the door of mutual understanding, when we are willing to give in of ourselves, in small demonstrations of renunciation of points of view.

How many times does an apparently unsolvable problem require just a calming word to be absorbed?

Refrain from commenting on scandalous or inconvenient matters. When it comes to illnesses, say only what is strictly necessary.

Look for some homely detail to praise the work and love of those who share your existence.

Don't take advantage of the conversation to make notes of criticism or censure anyone.

If you're in a hurry to leave, take care of your urgency with serenity and respect, without spoiling the tranquility of others.

BETWEEN COUPLES

Continue to love and respect your parents after you have formed your own home.

However, we must understand that this brings along new responsibilities, for whose exercise it is imperative to cultivate independence. Though, under the pretext of freedom, do not relegate your parents to abandonment.

Don't belittle the ideals and concerns of others.

Select your relationships.

Respect your partner's friendships.

You ought to recognize the diversity of tastes and vocations of the one with whom you share your life.

Before looking at the other person's possible mistakes or faults, it's better to look for their superior qualities and gifts to encourage their fair development.

Never underestimate the importance of sexual relations with respect for fidelity in the commitments made.

Don't sacrifice the household peace with arguments and conflicts on the pretext of honoring this or that cause of Humanity, as the dignity of any cause of Humanity begins in the domestic stronghold.

Don't stop studying and constantly improving yourself under the excuse of having left your single life behind.

It is always necessary to understand that the affective communion at home must begin every day to be consolidated in an environment of harmony and security.

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HOME EXPERIENCE

Order, work, charity, benevolence, and understanding begin at home.

Family is a place of closeness, never captivity.

Let's learn to listen without interrupting those who speak at the table, so that we can safely listen to the lessons of life.

The home is a place of rest and renewal, never a showcase of furniture and filigree, although it can and should be decorated with distinction and good taste, as much as possible.

Those who are wasteful should not complain if they run out.

Blessed those who dedicate themselves to living without disturbing those who share their experience.

Avoid bad jokes which often lead to disaster or premature death.

Decent work is the cover for your independence.

Advise and help the child in spiritual formation, as it is the obligation of those who guide, but respect adults in their choices, for adults are responsible and must be free in their actions, just as you want to be free in your ideas and endeavors.

If you don't know how to tolerate, understand, bless or be useful to eight or ten people in the domestic nest, how can you fulfill your ideals and compromises of elevation in the areas of Humanity?

Many crimes and suicides are carried out under the pretext of honoring affection and dedication in the family world.

DIFFICULT RELATIVES

We ought to accept difficult relatives based on generosity and understanding, in the certainty that God's Laws do not bind us to one another without a just cause.

The relative that causes us difficulties is always a test to examine our spiritual evolution.

Often the complicated creature who joins our family brings with them the marks of suffering or deficiencies we imposed on them in past reincarnations.

Don't demand from family members who are different from you a behavior like yours, because each one of us is characterized by advantages or losses that we have accumulated in our own souls.

Don't try to get rid of difficult relatives with unnecessary hospitalizations in nursing homes at the cost of money, because the real disconnection will come in the processes of nature, when you have settled your own debts with the Greater Life.

In the trials and conflicts of household we are often paying through the installment system, certain debts contracted by wholesale.

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HOME ENVIRONMENT

A house is not just a shelter made of wood or masonry, it's a home where togetherness and companionship develop.

Earth's social landscape would be transformed for the better immediately if all of us, as incarnate spirits, treated each other at home with at least the courtesy that we give our friends.

Respect hygiene, but don't turn cleanliness into a subject of obsession.

Decorate your home with kindness and good humor.

Collaborate in housework as much as possible.

Without an organized timetable and a schedule of tasks, it's impossible to maintain order and tranquility in the home.

Remember that you need your relatives as much as your relatives need you.

Small sacrifices in the family form the basis of happiness at home.

PRESENTATIONS

When seeing yourself as an object of presentation, you should not state your autobiographical titles and bids, but if you introduce someone, it's fair to decline their value without affectation.

When faced with unkind behavior towards those who are absent, remember to speak about them with respect and generosity. One can always find something good in someone or something for a constructive comment.

Any creature who needs to ask you for a favor is a test of your capacity for understanding and your manners of politeness. A beggar is a companion on the road to whom tomorrow we might have to ask for fraternal support.

The unprotected child we meet on the street is not a reason for revolt or exasperation, but rather a call for us to work with more love to build a better world. There is no point in reprimanding a drunk one, as he already knows himself to be sick and less happy. Whenever you highlight evil, even unconsciously, you are cooperating to destroy the good. Don't criticize, help.

For any kind of suffering, it is possible to give crumbs of relief or support, even if that crumb is nothing more than a smile of sympathy and understanding.

ON THE STREETS

The street is a significant department of the world school, where everyone can teach and learn.

When meeting friends or only acquaintances, take the initiative to greet them, using cordiality and affection without excess.

Walk at your natural pace or within the necessary movement as one should equally live ~ without trampling on the others.

If you are in a collective, accommodate yourself so you do not bother the neighbors.

If you are by car, no matter how restless or in a hurry, comply with traffic laws and the principles of respect for others, immunizing yourself against ills, likely to embitter you for a long time.

When you receive someone's greeting, respond with spontaneity and courtesy.

Don't detain companions on the street, absorbing their time and attention with matters delayable to a more opportune moment.

When approached by this or that person, practice kindness and gentleness, even though haste is often on your mind.

Amid many tasks, one can speak with serenity and understanding, even for only a minute.

When asking for a favor, do so in a dignified manner, avoiding whistles or disrespectful phrases, once aware

that others will appreciate being treated with the respect we claim for ourselves.

You don't have to engage in inconvenient conversation, but if someone develops an undesirable subject, you can listen with tolerance and kindness without hurting the other person.

No one in their right mind has the obligation to take part in disturbances or conflicts in the street.

If someone is sick or in an accident, let's put ourselves in the difficult position of that person and provide the help we can.

TRADE AND EXCHANGE

Commerce is also a school of fraternity. We do need attention from the sales assistant, but the sales assistant expects the same attitude from us.

When faced with tired or irritable clerks, let's reflect on the trials that undoubtedly constrain them in the back of their family or home without denying them consideration and affection. The person who reveals themselves to be bad-tempered in their contact with the public probably carries a heavy burden of restlessness and illness.

Making way by bumping into people is not only inelegant but also a regrettable discourtesy. Giving priority to others in elevators and buses is a way to express empathy and kindness.

Learning to ask a favor of those who work in offices, warehouses, stores, or bars is an obligation. Avoid pithy or derogatory anecdotes, recognizing that words create images and images sponsor actions. Mockery or irritation complicates situations without solving problems. When you feel you have a duty to complain, don't use your words as an instrument of aggression. Other people's mistakes or errors could be ours if we were in other people's circumstances.

Friendliness is charity in personal dealings.

BEFORE FRIENDS

A friend is a blessing that we must cultivate in an environment of gratitude.

Anyone who says they love and doesn't try to understand, help, support, or serve has not come out of themselves to find love in someone else.

True friendship is not blind, but if it sees defects in friends' hearts, it knows how to love and understand them anyway.

We will have overcome the selfishness in us when we decide to help loved ones to achieve their happiness, as they understand it to be, without considering ours.

In general, we think that our friends think the way we think.

However, we need to recognize that their thoughts are their original creations.

The real joy of friendship is the good of loved ones.

Just as I expect my friends to accept me as I am, I must, for my part, accept them as they are.

Every time we try to discredit this or that person, after exchanging intimacy and familiarity, we are demoralizing ourselves.

In any difficulty with affective relationships, we must remember that every human being is an intelligent creature undergoing permanent transformation, and sometimes those changes in the people we love is not in the direction of our own choices.

The more friendship you give, the more friendship you will receive.

If Jesus recommended that we love our enemies, imagine with what immense love we must love those who offer us their hearts.

ANTAGONISTS

The adversary in whom you think you find a model of perversity is perhaps just a sick person in need of understanding.

Let's recognize the fact that, many times, the person becomes unworthy simply because they don't adopt our points of view.

Never despise your opponent, no matter how insignificant they may seem.

Let's respect the enemy, because they may be the bearer of truths that we still don't know, even about ourselves.

If someone has hurt you, forgive them immediately, stopping the evil at its source.

Criticism from others can only harm you if you agree to it.

The best way to learn to forgive other people's mistakes is to recognize that we are also human, capable of making mistakes, perhaps even more clumsily than others.

The adversary, first and foremost, must be understood as a brother or sister whose opinions differ from ours.

Let others live their own lives, and they will let you live the existence of your choice.

The more it advances, the more medical science understands that hatred in the form of revenge, condemnation, resentment, envy, or hostility is at the root of numerous diseases, and the only effective remedy against such calamities of the soul is the specific one of forgiveness, in the vehicle of love.

BEFORE THE LITTLE ONES

Children are the spiritual edification of those responsible for them.

There is no child ~ not even one ~ who does not ask for love and help, education and understanding.

Every little one, even though they are, as a rule, an adult spirit, has an extremely sensitive brain because they are starting the work of reincarnation again, and it is, therefore, a strict observer of everything you say or do.

The child mind will give us back in the future whatever we give it now.

Every child is a spiritual world under construction or reconstruction, asking for worthy material to consolidate itself.

Help today's children to think correctly by dialoguing with them, within the norms of respect and sincerity that you expect from others towards you.

The child is a specific chapter in the book of your everyday life.

Don't try to transform your children into knickknacks passionately kept, for they are eternal spirits like us. The day will come when they will tear to pieces any bonds of illusion before you.

If you encounter any brat with rude manners or inconvenient training, do not establish censorship, recognizing that his re-education service, in essence, belongs to his parents or a responsible, and not you.

If you have suffered any damage at home due to vandalism, little mischievous ones, forget about it, reflecting on the love and consideration you owe to the adults who respond to them.

SEEING AND HEARING

Sight and hearing must receive education as much as words and manners.

When we visit someone's home, let's learn to be grateful for the warmth of the welcome without dwelling on the possible disarray of the environment.

If we hear an imperfectly crafted phrase in a friend's voice, let's appreciate the intention and feeling with the spoken elevation without taking note of the grammatical clumsiness.

Look with kindness and listen with logic.

Let's know how to see the pictures surrounding us, whatever they may be, without the shadow of malice tainting our thoughts.

When recording inconvenient anecdotes about events and people, let's have enough courage to put them in the archive of silence.

Any negative or malicious impression that you pass on to your friends, is the same as spreading poison through their ears.

In all circumstances, we must not forget that we can see and hear to understand and help.

HEAD AND SUBALTERNITY

Don't forget that the boss is the person responsible for the team's work.

The best way to pay homage to those who lead will always be faithful in the execution of their duties.

Those who manage effectively need the cooperation of those who obey.

Though, if the latter need to pay attention and respect to the former, this one must exercise kindness and understanding to the latter, so the machine works safely.

Guidance is devotion.

The one who really teaches is the one who studies the most.

A boss has no obligation to reveal to his subordinate the problems that occupy his brain, just as a subordinate does not have the duty to reveal to his boss the problems that he may be carrying around in his heart.

DUTY AND WORK

The commitment to work includes the individual's duty to join the team effort in the work to be done.

Worthy obedience is the name of fulfilled obligation in the dictionary of reality.

Those who happily carry out minor tasks spontaneously promote themselves to more relevant undertakings.

The camera portrays us from the outside, but the work portrays us from the inside.

Whoever mocks the work that honors their existence discredits himself.

To serve beyond one's duty is not to flatter but to hoard support, experience, sympathy, and cooperation.

In the formation and completion of any work, we must understand to be understood.

When the worker turns work into joy, work becomes the worker's joy.

AROUND THE PROFESSION

Your profession is a privilege and an apprenticeship.

If you put love into what you do to make others happy, then your profession, anywhere, will always be a river of blessings.

In any situation, your client is like the tree that produces on your behalf, always responding to the treatment it receives.

Every task performed correctly is a steppingstone to promotion. In every endeavor the Lord has granted you, you leave a spiritual legacy behind.

If you wish to improve yourself by improving your work, be sure that such work will give you a better life.

What is essential to your success is not that you give out, but the form you decide to do it.

No one seeks anyone out to acquire condemnation or bitterness.

Whenever someone complains about someone else, they create obstacles on their very trail to success.

Everyone who serves beyond the call of duty has found the path to true happiness.

IN WORK COMMITMENTS

Never be ashamed or regret serving. Enriching your professional work by acquiring new knowledge is a simple form of contribution.

Collaborate with your bosses by fulfilling your obligations properly without resorting to flattery. Under no circumstances diminish or devalue the efforts of colleagues.

Never feign illness or accidents, mainly to benefit from protection laws or the support of insurance institutions, because life often takes its toll on such lies. Never attribute the success of this or that task solely to yourself when we must consider team spirit in all our work. Sabotaging the work will always mean damaging our interests.

Accepting disorder or encouraging it is sponsoring your imbalance.

You have countless resources to promote yourself or improve your action area without resorting to disrespect, disturbance, bitterness, or rebellion. When it is about remuneration, remember ~ those who work must receive, but those who receive must also work.

OBSTACLES

In the face of obstacles, do your best and move on.

We always disappoint someone, and someone always disappoints us. Just as not everyone can live in the same place, not everyone can share the same ideas.

Never explode, shout, get angry, or be discouraged, but dedicate yourself to work. After one problem, wait for others.

Mistakes teach you how to get it right, and failure shows you the way to security.

Every achievement is made little by little.

On days of catastrophe, no anger or accusations against anyone, but a clear obligation to put the train of service back on the right track and move on.

Those who seek the good, will certainly suffer the attacks of evil.

Planting good, through everything and everyone, by all lawful means within our reach, understanding that, if in matters of harvest, God asks man for time, man must give time to God.

TIME MATTERS

If you already know how precious the value of time is, respect the other people's time so that your hours are respected.

Remember that if you have commitments and obligations based on time, so do other people. No one evolves, prospers, improves or educates themselves, until they learn to use their time to good effect. Be brief with any request.

Anyone who has time to talk unnecessarily can clearly enroll in any school to perfect themselves in higher knowledge.

Work in time dissolves the weight of any worries, but time without work creates burdens of boredom always difficult to carry. A common type of true unhappiness is having time to believe yourself unhappy.

If you take advantage of time to improve yourself, time will take advantage of you to perform wonders.

Observe how much work can be done in half an hour.

Anyone who says that time only brings disappointment has done nothing but delude themselves.

QUESTIONS

Observe your own questions before asking them, adopting the silence whenever they have no just purpose. It is a valuable demonstration of understanding and affection to visit friends or receive them without any questions.

Help those who share your life, without beating their hearts with unnecessary questions. Keep useless questions about your neighbor's family out of your mouth.

Don't ask questions about anyone's intimate life. Making unnecessary notes about someone's physical age is not only a lack of tact and kindness, but also of charity and politeness.

If you care about this or that person, without the expectation of taking them into your company for a more intimate cohabitation, accept them as they are without asking for a certificate of marital status.

Indiscretion, levity, empty curiosity, or malice keep those who cultivate them away from the best opportunities for elevation and progress. True love helps without asking.

Respect the needs and trials of others so that others respect your trials and needs.

TOUCHINESS

Don't let susceptibilities disturb your heart.

Give others the freedom to think as much as you are free to reason as you wish.

Each person sees life's problems from a different angle.

Frequently, an opinion that differs from yours can be pretty valuable in your experience or business, if you are willing to study it.

Complaints ruin the best friendships.

Those who mourn make difficulties worse.

Don't cultivate resentment.

Getting upset is a way of missing out on the best situations.

Don't get upset, cooperate.

Those who live by hurting each other end up as thorns.

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WISHES

Desire is anticipated fulfillment.

By wanting, we mentalize; mentalizing, we act; acting, we attract; and attracting, we realize.

As you think, you believe, and as you believe, it will be.

Today, what you wished for yesterday is within your reach. Tomorrow, what you craved for today will be in your hands.

In the spirit domain, the field of desire is like the field of cultivation in the world, in which each farmer is free in the sowing and responsible for the harvest.

The time that the evildoer spent acting in opposition to the Law is equal to the time the saint spent working to subliminate life. Every desire, in essence, is an entity taking the corresponding form. Life is always the result of our own choice.

Thought is alive, and after acting on the objective addressed, it reacts on the individual that emitted it, both for good and evil.

Jesus' sentence: **"Seek and you shall find"**, is equivalent to saying: **"You will find what you desire"**.

CONCERNS

Don't worry in anticipation, because life might solve your problem, even today, without your efforts. It's not concern that annihilates a person, but the preoccupation because of preoccupation.

Before your current difficulties, you've already faced countless others and has already gotten rid of them all, with the invisible help of God. A person busy in serving never has time to comment insult or ingratitude.

A notable philosopher once said: "*An angry creature is always full of poison*", and we can add: "of illness too."

Work before, during, and after any crisis, and the work will guarantee your peace. Count the blessings that enrich your life and write down the evils that may visit your heart, to recognize the immense balance of advantages in your favor. Generally, evil is a misunderstood good.

In any failure, understand that if you can work, you can also serve the neighbor, and those who can serve, carry a treasure in their hands.

However great the burden of suffering, remember that God, who endured it with you yesterday, will also endure it today.

AROUND HAPPINESS

When it comes to happiness, don't forget that we always become what we love.

Those who accept themselves as they are, giving their best in life, will find it easier to be as happy as they hope.

Our happiness will naturally be proportional to the one we give others.

Your neighbor's happiness often begins with the smile you want to give them.

Happiness can show itself, walk, talk, and communicate in external life, but it resides with an exact address in the tranquil conscience.

If you aspire to be happy and still bring along determinate guilt complexes, begin to desire your liberation by embracing work in favor of others to repair some damage you may have caused to the detriment of someone.

Study yourself, observing that self-knowledge brings humility, and without this it is impossible to be happy.

Love is the force of life, and the work linked to love is the powerhouse generator of happiness.

If you stop complaining, you will notice that happiness is calling your heart to new life.

When the sky is gray, pouring rain, meditate on the abundant harvest that will arrive from the field, and in the beauty of the flowers that will appear in the garden.

BEFORE OTHERS

Never underestimate the importance of others.

We often only think about the criticism with which others can target us, forgetting that it is also from others that we receive the strength to live.

Helping others is your best investment.

Value others so that others value you.

Think of others not in terms of their angelic or perverse nature, but as human beings with needs and dreams, problems and struggles like yours.

If loneliness were worth it, God's Laws wouldn't make your birth on Earth between two creatures, turning you into a third person to build a larger group.

UNPLEASANT MANNERS

Slamming or kicking doors.

Dragging furniture around unnecessarily.

Criticizing the dishes served at the table.

Sitting down unsteadily.

Blowing their nose and examining the residue on their handkerchief near others, forgetting that this is easier in the nearest bathroom.

Yawning loudly while someone else is talking.

Talking like a bully.

Exaggerated emotional outpourings in public.

Interrupting someone else's conversation.

Let's not forget that kindness and respect in personal approach also mean charity.

INAPPROPRIATE THEMES

Diseases.

Crimes.

Intrigues.

Criticism.

Sarcasm.

Domestic disputes.

Other people's maladjustments.

Sexual conflicts.

Divorces.

Depressing notes about individuals considered foreigners.

Racism.

Social prejudice.

Political differences.

Religious friction.

Self-praise.

Dearth of life.

Personal woes.

Lamentations.

Pejorative comparisons.

Unhappy memories.

Disapproval of public services.

Scandals.

Marital infidelity.

Pornography.

Unflattering comments about other people's homes.

Inconvenient anecdotes.

Dirty stories.

There are certainly no subjects unworthy of the word and all of them can be a reason for understanding and education, but whenever inappropriate or difficult topics are brought up in any conversation, balance and prudence must be brought to bear, so that respect for others is not harmed.

AID ALWAYS POSSIBLE

Without anything special, you can renew your life. You can always: -Brighten the glow of joy where hardship is robbing you of tranquility.

-Kindle the warmth of good cheer where courage is waning.

-Create the atmosphere necessary for resignation where suffering dominates.

-Raise the vibration of work where discouragement appears.

-Extract the gold of blessing from stones of condemnation and censure.

-Place the flower of patience in the thorn bush of irritation.

-Kindle the light of understanding and concord where the darkness of ignorance emerges.

-Discover sources of generosity under the rocks of avarice.

-Prepare the way for Jesus in hearts far from the truth.

You can do all this simply by saying the good words of hope and love.

BRIEF NOTES

Don't waste time.

Don't avoid your duty.

Respect your commitments.

Serve as much as you can.

Love intensely.

Work hard.

Pray with faith.

Speak kindly.

Don't criticize.

Observe by building.

Always study.

Don't complain.

Plant joy.

Sow peace.

Help without demands.

Understand and benefit.

Forgive any offense.

Be punctual.

Keep a clear conscience.

Help generously.

Forget about evil.

Cultivate sincerity, accepting yourself as you are and welcoming others as they are, but always try to do the best you can.

GIFTS

A gift is always a sign of affection and distinction between the giver and the receiver.

It is always advisable to choose a gift according to the profession or condition of the recipient.

If your gift is going to be a personally made present, such as a painting or some work of art, avoid asking about it after you have given it or taking people to it, creating embarrassment in your emotional relationships.

Omit the value or importance of your gift, leaving such a judgment up to others.

After giving someone a token of your friendship, it is always fair to keep silent about the subject so as not to embarrass the person you are supposed to be helping.

If you have given a gift and the person has passed it on beyond their circle, congratulating another person, don't complain, but consider the blessings of joy multiplied by your sowing of fraternity and love.

NEGATIVE HABITS

Use pornography or swear words, even if they are supposedly fashionable.

Pat or poke anyone who speaks.

Comment unfavorably on anyone's situation.

Spread rumors and entertain negative conversations.

Shouting.

Laugh uncontrollably.

Apply merciless frankness under the pretext of honoring the truth.

Dig into other people's pasts, harming or hurting others.

Comparing communities and people, spreading pessimism and discredit.

Avoid cleaning.

Complain, by system, about everything and everyone.

Ignore the convenience and rights of others.

Intentionally fix faults and scars on others.

Get angry over trifles.

Inquire about situations and connections whose meaning we cannot penetrate.

Disrespect people with unnecessary questions.

Tell jokes that could hurt the feelings of listeners.

Mock those around us or lash out at those who are absent.

Analyze anyone's sexual problems.

Throw knowledge out of place and out of condition for the sake of displaying culture and competence.

Disregard appointments and schedules.

Live without methods.

Be always agitated, compromising the service of others and making it difficult to carry out one's duties.

Count advantages under the pretext of being better than others.

Spend more than they have.

Expect honors and privileges.

Not want to suffer.

Demand the good without working.

Ignore how to put up with insults or criticism.

Not try to control themselves, exploding at the slightest setback.

Disbelieve in services and institutions.

Avoid studying.

Always leave for tomorrow the obligation of today.

Dramatize illnesses and unpleasantness.

Discuss without reasoning.

Despise opponents and deify friends.

Claim from others what we have not yet managed to do.

Ask for support without providing cooperation.

Condemn those who cannot think for our heads.

Accept duties and leave them without consideration on other people's shoulders.

SUGGESTIONS ON THE WAY

Why should we lament? We do need to learn, yes.

Each person will reap from life not only what they do, but also conforming to how they do it.

Don't be deceived by false assessments of justice, because time is the judge of all.

Remember: we receive everything from God, who changes us, or takes this or that away, according to our necessities.

Humility is a mute angel.

The less you need, the more you get.

Tomorrow will undoubtedly be a beautiful day, but in order to work and serve, renew and learn, today is better.

Don't be fooled by the supposed happiness of those who abandon their own duties, for they transiently seek to escape from themselves, like someone who gets drunk in vain to forget.

Time is gold, but service is light.

There is only one evil to fear: the one that still exists in us.

Do not stop at building good, not to reap the laurels of spectacle, not even to count the stones along the way.

Does the task seem to fail?

Go ahead, working, because often it is necessary to suffer, so that God can grant us renewal.

EVERYDAY QUESTIONS

Do you believe in the victory of good, without us being willing to work for it? Do you admit your ability to make mistakes in order to learn, or do you think you are infallible? If we are positively on the side of good, what are we waiting to cooperate for the benefit of others? In times of crisis, do you put yourself in the position of the one in

difficulty? What if the creature deceived by the shadow was one of us? If you say you don't forgive those who offend you, do you believe that tomorrow you will not need someone's forgiveness? Are you helping to eliminate evils from the path, or are you worsening these evils with annoying attitudes or words? Did irritation or bitterness someday yield you peace or happiness?

What attracts you most when interacting with others: the frown negative or the smile of animation?

What does it matter if others think badly of you, if you have a clear conscience?

Certain companions may bother us presently; however, have we lived until now without bothering anyone?

Do you believe that someone can find happiness by admitting to being unhappy?

CRITICISM THEMES

Try to remain silent where you cannot assist.

The lives of others, as stated in the expression, are those of others and not ours.

I must understand that someone else's mistake today will perhaps be mine tomorrow, as on Earth's evolutionary paths we are all still carriers of human nature.

The time spent on criticism can be used in something edifying.

Every time we criticize someone, we are morally under the obligation to do better than them at the task at hand.

Write down: at any time and situation, the points of view and opportunities, resources and interests, feelings and education of others are always very different from yours.

Criticizing doesn't solve the problem, for it's the individual's work that determines his value.

Those who love, always help and apologize.

Don't condemn, bless.

Remember: sometimes all it takes is a hammer to destroy what centuries have built.

IN AFFECTIVE MATTERS

You must always be very careful when dealing with other people's affective problems, as often others don't even think about what we might think.

Adult Spirits know that, for the time being on Earth, no one can, in good conscience, draw the line between normality and abnormality in matters of deep affection.

Preachers of strict morality, in matters of love, rarely don't fall into the situations they condemn.

Every person who harms another in the commitments of the heart is fatally damaging themselves.

Respect the connections and separations between the people in your world without strangeness or censure, since you don't know the reasons and processes behind them.

In essence, your soul's needs are quite different from those of others.

When it comes to the sufferings of love, only God knows where lies fall and victory.

Never play with the feelings of others.

Don't take on affective duties you can't or won't sustain.

Love, in your existence, will be what you make of it. You will receive in return everything you give to others, according to the law that governs our destinies.

In the face of love's mistakes, if you've never made a mistake out of emotion, imagination, intention, or action, throw the first stone, as Jesus recommends.

SEPARATIONS

In the construction of good, we must reckon with the withdrawal of many companions and, on many occasions, even those most dear to us.

We must put up with separation, when necessary, just as trees put up with pruning.

It is a serious mistake to keep with us a friend who longs for distance.

In many cases, destinies resemble roads that fork to meet the needs of progress.

Don't be an embarrassment to anyone.

If someone abandons us amid an endeavor for the happiness of all, and we cannot attend to the work in solitude, the Divine Providence gives rise to the appearance of new companions who join us in the constructive struggle.

Never ask or demand from others what they cannot give us.

Let's not look down on anyone.

Let's know how to pray silently for one another.

Only God can judge each person's innermost being.

QUESTIONS TO PONDER

You will always dominate the words you haven't said, but you will be subordinate to those you utter. Take care of your conscience tranquility, without neglecting your look.

Regarding food, it is important to remember the affirmative of the ancient Romans: *"There are men who dig their graves with their own mouths."*

As far as possible, for any obligation you must fulfill, be present at least ten minutes beforehand.

Inaction dulls every faculty. A spontaneous smile is a blessing attracting other blessings.

Serving beyond one's duty is not flattering but gaining security. Each person you help is another key to solving your problems.

Naturally, you might make envious people, but not enemies.

Every good deed coming from you is a light you turn on around your steps.

Those who speak less listen better, and those who hear better learn more.

CORRESPONDENCE

Cultivate brevity and precision in your news, without falling into dryness.

A letter is a spiritual portrait of the writer.

We should take care of well-designed writing, as it will not be lawful for us to turn our friends into hieroglyphic decipherers.

Do not write letters in moments of crisis or excitement.

Whenever possible, our news should be messengers of peace and optimism, hope and joy.

Write by building.

A letter of your fist is the same as hearing you talk.

Any subject can be handled with elegance and benevolence.

When you can't write good references regarding a certain person, it's better to be silent about it.

We are responsible for the images we create in others' minds, not only through what we say but also by what we write.

SOCIAL MEETINGS

A social gathering in an institution or at home should always be in the spirit of fraternal communion.

Whenever the thorn of malice reappears in the flowers of a friend's understanding, try to isolate them in the cotton of kindness, without disrespect those who are absent or hurting those who speak. Noble references to people, events, circumstances, and things are indications of loyalty and moral elegance. Ignore, in any grouping, any derogatory phrases addressed to you, directly or indirectly. Avoid jokes and anecdotes that cross the boundaries of respectability.

In front of a person who is doing us the favor of talking on some educational subject, don't whisper or yawn, as such attitudes express a lack of ability to deal with the issues at hand. Never disappoint others by withdrawing from the room where determinate companions are speaking, or in charge of this or that artistic number.

When we engage in public speaking, teaching, education, or art demonstrations, it is important to maintain an atmosphere of respect and silence. In serious meetings, it is never appropriate to laugh or make others laugh out of turn. Let us use our social skills to build and support each other, giving our best to people so we can attract their best in return.

PARTIES

All the reasons for dignified celebrations are respectable, but Charity is the highest of all reasons for a dignified party.

No one cannot afford to pay a small sum for this or that festive enterprise, destined to support good works.

Whenever possible, in addition to your share of participation in such parties, you should cooperate in the sale of at least five tickets in your friends' fields for the benefit of the enterprise.

Even if you can't attend a charity event, don't fail to make your contribution.

Celebrating with dignity around human fraternity to aid the neighbor is one of the most beautiful forms of assistance.

If you don't dance, it is not advisable to attend a dance.

At sporting events, it's better to keep your distance if you don't know how to lose yet.

If you have artistic gifts, collaborate, as much as you can and free of charge in the work being done to help others.

At birthday celebrations, never ask how old the birthday boy or girl is, nor investigate the meaning of the candles placed on the traditional cake.

Conduct the festive event on your responsibility to the best advantage regarding education and solidarity that can always be drawn from social interaction.

Let's learn not to criticize the joy of others.

DIVERGENCES

Remember that other people are different, and therefore, they have their own ways of acting. Clarifying based on fraternal understanding, yes, polemicizing, no.

Systematically antagonizing is an exact process of garnering aversions. You can disagree without offending, if you speak appreciating your opponent's rights.

Remove aggressive words from your vocabulary.

As much as it happens to us, others want to be themselves in their commitments.

There are countless ways of supporting others without hurting them.

Generally, you never argue with strangers, but with loved ones, once, would it be worth tormenting those with whom we should live in peace?

Let's learn to give in to any secondary problem to be faithful to the essential realities.

If someone says that stone is wood, it is right to accept his way of believing, but if someone takes a stone or the wood to hurt someone else, it's important to argue about the inappropriateness of the insane gesture.

GUESTS

An invitation is the responsibility of the person issuing it. Guests should receive the same treatment as family.

No friend, no matter how close, will take the liberty of arriving at the host's residence to stay with them, without warning.

If a person is not invited to stay with this or that companion and needs to use their home for certain purposes, even on a short-term basis, they should not do so without prior consultation.

If someone tries to find out from someone else about the possibility of lodging and receive no reply, they do the right thing by looking for a hotel, if the friend consulted has difficulties at home and can't solve them straight away.

To be polite, a guest does not get involved in the disagreements of the family or the group that welcomes them.

In other people's homes, we naturally need to respect the schedules and habits of the hosts, avoiding interfering in matters of cooking and domestic arrangements, although we must keep the bedroom as organized and clean as possible.

It is very polite to accept the points of view of people in their own homes.

In other people's houses, it's imperative to occupy bathrooms for as little time as possible, so as not to spoil the lives of those who welcome us.

Flee from inconvenient notes and reports at the table, especially at mealtimes.

Guests should not intrude on household conversations that do not concern them.

It is only fair to reward, within our means, the brothers and sisters in the houses we are staying, since they have no obligation to serve us.

TOWARDS SEX

Never make fun of sex, because sex is a source of divine creation, which cannot be held responsible for the abuses of those who tarnish it.

Psychologically, each person has different problems when it comes to sex.

In any area of sex, reflect before committing yourself, because the word committed generates bonds of spirit.

Don't try to standardize the emotional needs of others with your own emotional needs, as although love is a uniform and sublime light in everyone, the understanding and the position of love are graded in a thousand ways on the evolutionary path. Use your conscience, whenever you decide to use your genetic faculties, immunizing yourself against the evils of guilt.

In all feeling's communication, remember the golden rule: **"Do not do to others what you don't want to be done to you."**

Decent work that provides a livelihood is a solid guarantee against prostitution.

Don't set traps for anyone, especially on the paths of affection, because you will fall into them.

Don't want your happiness at the price of someone else's misfortune, because every imbalance of unbridled affection will be corrected, at the cost of tortured affection, through reincarnation.

If someone has made a mistake in their sexual experience, consult your inner self and check whether you wouldn't have made the same mistake if you had the opportunity.

Don't judge supposed maladjustments or recognized flaws of sex but respect the sexual manifestations of others as much as you demand respect for those that characterize your existence.

Consider that sexual communion is always an intimate matter between two people, and when you see two people together, you can never say with certainty what they are doing.

What's more, if the accusation about someone's sex life is made by their partner, the accuser may be more guilty of wrongdoing, since to find out about the person who is being publicly mocked, they may have shared the same experiences.

In all the challenges and problems of sex, cultivate mercy towards others, remembering that, in the areas of support through understanding, if today is your day to give, it is possible that tomorrow will be your day to receive.

FRATERNAL VISITS

A visit is an act of fraternity, which should not be abused by time or inconvenient comments. Whenever possible, visits should be arranged in advance, so as not to sacrifice those who receive it.

A person who visits another for the pleasure of friendship or courtesy, will not need more than fifteen or twenty minutes. It is up to the hosts to extend this time, insisting that the visitor or visitors do not leave.

Among those who meet again, there will be enough spontaneous considerations, so that unpleasant memories don't arise on either side.

Never abuse a friend by requesting professional service out of place or out of time, like someone organizing an ambush. Do not take advantage of minutes of kindness in social interaction to give unsolicited advice.

Keep silent about travel impressions or autobiographical data, whenever they are not requested by those around you. Avoid criticism of any kind. Silence questions that could embarrass your hosts.

Never glance sideways in the manner of someone looking for reasons for censure or malice.

VISITING THE SICK

Visiting the sick requires tact and understanding.

Refrain from holding hands with the sick person when they are admitted to his presence, except in cases where he is the one who takes the initiative.

If the visitor is not spontaneously invited to see the sick person, he or she will not insist on it, tacitly accepting the unmanifest reasons that prevent such contact.

Every conversation around a sick person requires control and selection. Avoid stories about illnesses, symptoms, or other people's unpleasant events.

A fraternal card or a few flowers, as a substitute for presence, in the event of repeated visits during prolonged treatments, are wellsprings of constructive vibrations.

While prayer is a providential blessing, on all occasions, the type of medical assistance, in favor of this or that patient, calls for appreciation and respect.

Never use a loud voice in a hospital or sick room.

No matter how serious a patient's organic condition, one shouldn't impose on them predictions of death, because no one on Earth can measure someone's resistance.

For every dying person who leaves the world, the Misericordia works with Benevolent and Wise Spirits who dispense the truth in love, for the benefit of the disincarnate.

Every visit to a sick person ~ when it is simply a visit ~ should be short.

UNFORESEEN EVENTS DURING A VISIT

During a specific visit, silence any notes or questions when the hosts receive correspondence. In the face of a completely unexpected argument between family members, maintain discretion and respect.

Never shout or exclaim if an insect or small animal comes into view. Remain calm without interference, every time a child in the home is scolded by the adults. Refrain from commenting negatively on small disasters at home, such as someone falling or broken dishes.

If there are other visitors, even if they are people with whom we don't feel perfectly in tune, we don't say goodbye abruptly, but stay a little longer in the home, showing cordiality and respect.

Seeing people who are unknown to us, or who were not yet introduced to us in the home we visit, we should never ask questions such as: "Who is this?", "Who is she?", "Is she a member of your family?", "What is she doing here?" or "Do I already know this person?".

If the owners of the house are ready to leave, at the right moment of our arrival, we should give up the pleasure of visiting them, leaving them free. Those who visit should always take with them optimism and understanding to use in any circumstance.

IN SOCIAL ASSISTANCE

Getting close to the person being helped, finding in them a human being, as human and worthy of esteem as our dearest loved ones.

Under no circumstances should you act by superimposing professional instructions on the principles of genuine Charity.

Support without boasting of superiority.

Understand that we are all in need of this or that kind of resources before God and each other.

Putting ourselves in the difficult situation of those receiving help.

Paying attention to the words of our companions in need, listening to them with affectionate patience, without doing anything else at the same time, and without interrupting them with inappropriate questions.

Silence any unkind or depressing remarks about those who are suffering, just as much as we know how to silence sarcasm and bitterness close to loved ones.

Comforting those in need without demanding immediate changes.

Helping those we help to be independent of us.

Respect the ideas and opinions of those we wish to help.

Never make the provision of a service or benefit conditional on the acceptance of our personal points of view.

Be discreet and respectful with companions who are impoverished or suffering, without making unkind comments about them when the visit is over.

BEFORE PRAYER

Let us welcome in prayer the presence of the light that unveils the road to the Higher Life, without taking advantage of it to complain about others, or verbally beat up anyone, when our communion with God and the Higher Spirituality is not possible in a separate place, in the silence of our hearts, as recommended by Jesus.

